



Ku Soo Dhawaw Barnaamijka Daryeelka Caafimaadka GAU ee Gobolka Washington

Imminka mar haddii aad ku jirtid Gargaarka Guud ee Shaqeyn La'aanta (General Assistance Unemployable) (GAU) ee DSHS, waxa aad daryeelka caafimaadka heli doontaa iyada oo la marayo qorshe daryeel la maamulo (managed care plan). Tani macnaheedu waa qorshe caafimaad aaya kaa caawinayo daryeelka caafimaadka.

Qoraalkani waxaa uu micnaynayaa Maamulka Daryeelka.

Qorshahaaga daryeel la maamulo waa Community Health Plan.

Wac Community Health Plan isla markiiba si aad u dooratid xarun caafimaad ama kiliinig.

1-800-440-1561



1-800-562-3022

Si aad u weydiisid su'aalo ku saabsan daryeelka caafimaadka, wac DSHS oo leh lambarka 1-800-562-3022 Isniin ilaa Jimce, 7 subaxnimo ilaa 6 galabnimo.

Taleefanka TTY/TDD 1-800-848-5429 waxaa loogu talagalay dadka maqlaka ama hadalka ka liita (si aad u isticmaasho taleefankan, waa in taleefankaaga u qalabaysan yahay).

Wacitaanka taleefoonnadan waa lacag la'aan, diyaar ayaan u nahay inaan ku saacidno!

Maxaa ku yaal qoraalkani

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Mas'uuliyadaha iyo Xuquuqyadayda bogga 8aad

Haddii ay dhib kuugu tahay akhrinta iyo fahamka qoraalkani, fadlan wac 1(800) 562-3022 si aad caawinaad u codsato ama buug qoraalkiisu wayn yahay. Taleefanka TTY/TDD 1(800)848-5429 waxaa loogu talagalay dadka maqalka ama hadalka ka liita (si aad u isticmaasho taleefankan, waa in taleefankaaga u qalabaysan yahay).

Qoraalkani waxaa lagu tarjumay luqado kale:



본 책자를 한국어로 읽으시려면 1-800-562-3022 를 연락하십시오.

ເພື່ອໄຫວ້າເປົ້າມີມືສັນພາສາລາວ, ກະຊວງໄທທາແລກ 1-800-562-3022.

1-800-562-3022

Muốn có tập sách này bằng Tiếng Việt, xin gọi số 1-800-562-3022.

Para obtener una copia de este folleto en español llame al 1-800-562-3022.

ເພື່ອໄຫວ້າເປົ້າມີມືສັນພາສາອຸ້າຫຼາຍ່າຍື່ບໍ່, ກູດລູກຄູ 1-800-562-3022 ໃນ

Звоните по телефону 1-800-562-3022 для получения этого буклета на русском.

如需中文版的手冊，請電：1-800-562-3022。

Su'aalo? Wac khadka gargaarka ee DSHS oo leh lambarka 1-800-562-3022.

Daryeelkayga Caafimaadka

Waa maxay HRSA waana maxay sababta ay muhiim iigu tahay?

HRSA waa Maamulka Adeegga Dib-u-celinta (Health and Recovery Services Administration). Waxaannu ka mid nahay DSHS-ta bixiso daryeelka caafimaadkaaga.

Sidee baa HRSA u bixisaa kharashka daryeelka caafimaadkayg?

HRSA waxay leedahay laba siyaabood oo lagu bixiyo kharashka daryeelka caafimaadkaaga. Wuxaad ka mid noqonaysaa daryeel maamul.

Daryeelka Maamulka (Qorshaha Caafimaadka) Managed care (in a health plan) HRSA waxay lacag siisaa Community Health Plan si loo daboolo kharashka daryeelka caafimaadkaaga intiisa badan. Wuxa aad u tagaysaa hal dhakhtar oo la shaqeya Community Health Plan. Dhakhtarkaaga iyo Community Health Plan ayaa wada jir u shaqeeya si ay haqabtiraan dhamaan baahiyahaaga daryeel caafimaad.

Kharashka adeegga (aan ka tirsanayn qorshaha caafimaadka) Wuxaad arki kartaa takhtar kasta ee qaata Kaarka Caafimaadka ee DSHS. Wuxa aad isticmaalaysaa kaadhkaaga caafimaadka si aad u heshid dhamaan daryeelka caafimaadka, dhakhtarkuna waxa uu biilasha adeegga ku dalacayaan HRSA.

La Soco: Adeegyada qaarkood wuxaad ku heli kartaa karka Caafimaadka, sida ilkaha ama miraayadaha indhaha. Eeg bogga 6aad ee qoraalkani si aad u aragtaa liiska adeegyadani.

Ma qasab baa in aan ku jiro Community Health Plan?

Waa inaad ku jirtid Community Health Plan marka laga reebo:

1. Aad tahay Hunuudda Maraykanka ama Dadka Alaska u dhashay
2. Wuxa aad haysataa sabab caafimaad oo xoog leh oo keenaysa in aad sii wadid u-tagista dhakhtar aan ka tirsanayn Community Health Plan. Waa in takhtarkaaga inoo sheegaa sababta caafimaadka.

Haddii aad tahay Hunuudda Maraykanka, Dadka Alaska ku dhashay, ama aad qabtid sabab caafimaad, ee aadan doonayn inaad ka mid noqoto Daryeelka Maamulka, wac 1-800-562-3022.

Ma inaan iska bixiyaa kharashka caafimaadka?

Caadiyan Maya. La hadal Community Health Plan isla markaana eeg bogaga 5 iyo 6 si aad u heshid war dheeraad ah.

Haddii aan guuro?

Haddii aad meel kale u guurto waa ay saamayn kartaa daryeelka caafimaadkaaga. Haddii aad guurtid, waa inaad isla markiiba u sheegtid shaqaalahaaaga bulsho ee DSHS iyo Community Health Plan.

Sidee baan daryeel caafimaad uga helaa Community Health Plan (qorshaha caafimaadka)?

Maxaa dhici doona marka la i qoro Community Health Plan?

Mar haddii qaadato Gargaarka Caafimaadka ee DSHS ee aad isku qorto Community Health Plan, waxay kuu soo dirayaan warqadda aqoonsiga qorshaha *yo* maclumaad la xiriira helitaanka daryeel caafimaad. Waxay tahay inaad tustaa warqadda aqoonsiga Community Health Plan *yo* kaarka caafimaadka Medicaid (waa kan aad bilwalba ka heshaa Gargaarka Caafimaadka) marwalba ee aad hesho daryeel caafimaad (eeg bogga 7aad waxyaabaha la xiriira kaararka caafimaadka).

Miyaan aadi karaa takhtar kasta, cusbital ama bukaan eegto kasta ee aan doono?

MAYA – Daryeelka Maamulka macnihiisu waa inaad isticmaashaa takhaatiir, cusbitallo iyo farmasiyo gaar ah. Wac Community Health Plan si aad macluumaa kale u hesho.

Waa kuma daryeel fidiyahaada (PCP)?

Hal qof oo qudha ayaad ugu tagi bukaan eegtada daryeellada badankood. Qofkani waxaa loo yaqaan PCP, oo u taagan Daryeel Fidiyaha Koowaad (Primary Care Provider).

PCP-gaada waxaa uu noqon karaa takhtar, kalkaalso amma kalkaaliye takhtar. Haddii aad daryeel uga baahan tahay taqasuse gaar ah amma cusbital kale, PCP-gaada ayaa helitaanka kaa caawinaya.

Wac Community Health Plan isla markiiba si aad u dooratid kiliinig ama xarun caafimaad. Haddii aanad wicin, Community Health Plan ayaa mid kuu dooran doonta.

Wac 1-800-440-1561.

Ma qasab baa in aan iska beddelo dhakhtarka haddii aan imminka mid haysto?

Haa, haddii dhakhtarkaaga daryeelka koobaad aanuu ka tirsanayn Community Health Plan.

Waa sidee haddii aan adeeg caafimaad (sida qalliin) la ii qorsheeyey?

Wac isla markiiba Community Health Plan si aad ugu sheegtid adeegga caafimaad oo ay kaaga gargaari karaan inaad heshid daryeelka aad u baahan tahay.

Waa sidee haddii aanan ku qanac sanayn qorshahayga caafimaadka?

Community Health Plan waxay la socotaa tayada adeegga aad ka heshid dhakhaatiirtooda amma bixiyeyaashooda daryeel caafimaad. Hadafkoodu waa inaad caafimaadkaagu hagaagsanaado.

Haddii aanad ku faraxsanayn daryeelkaaga, wac Community Health Plan si aad ugu sheegtid in aanad ku faraxsanayn. Haddii Community Health Plan aanay xaaladda hagaajin, waxa aad gargaar weydiisan doontaa HRSA. Waxa aad war dheeraad ah oo ku saabsan habkan ka heli doontaa Community Health Plan.

Waa Maxay Adeegyada Caafimaadka ee aan haysto?

Waa maxay faa'iidooyinka iyo adeegyada ay isku daba-rido Community Health Plan?

Takhtarkaaga PCP ayaa kaa caawinaya helitaanka daryeelka aad u baahan tahay. Wuxaan adeegyadani heli kartaa marka aad caafimaad ahaan u baahan tahay. Waa inaad ka haysataa takhtarkaaga PCP fasax jiheyn si aad u heshaa adeegyadani. Ka wac kooxda adeegyada macmiilka ee Community Health Plan 1-800-440-1561 si aad u heshaa macluumaadsiyaado ah.

Community Health Plan waxay isku daba-ridaa faa'iidooyinkan iyo adeegyadan:

- Ambulanzada (gargaarka gaadiidka degdeggaa)
- Dhiigga iyo qalabka dhiigga
- Kelyo Sifayn (Dialysis)
- Daryeelka Takhtarka
- Baaritaanka indhaha
- Qorshaha qoyska
- Waxbarashada Caafimaadka ee sokorta iyo wadnaha
- Caafimaadka Guriga
- Daryeelka Cusbitalka (oo ay ku jirto gargaarka degdeggaa ah, adeegyada cusbitalka gudihii iyo dibeddisa)
- Tallaalka (shots)
- Shaybaarka iyo raajada
- Qalabka Caafimaadka
- Oxygen/Dawaynta neefta
- Farmasi/Dawooyin
- Dawaynta Jidha, wax qabsashada iyo hadalka
- Daryeelka taqasuska
- Qalliiinka cusbitalka ama xarunta qalliiinka bukaan socod eegtada
- Xubno Jidh ka bedelid
- Daryeelka degdeggaa

Waa maxay faa'iidooyinka ay daboolaan Community Health Plan iyo hay'adaha gobolka ee kale?

Waxa aad faa'iidooyinka iyo adeegyada soo socda ka heli kartaa Community Health Plan oo dabosha faa'iidooyinkaa iyo adeegyadaa: ama waxa aad toos ugu tagi kartaa waaxda caafimaadka ee degmada ama kiliinig qorsheyn qoys si aad u heshid adeegyada.

- Qorshaha Qoyska iyo uur ka hortagidda
- Baaritaanka HIV ama AIDS
- Cudurrada galmaada lagu kala qaado iyo daryeelka caafimaadka joogtada ah
- Baaritaanka Qaaxada iyo Daryeelka joogtada ah

Waa maxay faa'iidooyinka KALIYA ay daboosho DSHS ee aanay daboolin Community Health Plan?

Faa'iidooyinka iyo adeegyada soo socda waxa daboola DSHS. Community Health Plan ma bixin doonta lacagta adeegyadaa. Waa inaad isticmaashid kaadhkaaga caafimaad (DSHS Medical ID card) si aad u heshid adeegyadaa. U hubso in aad adeeg-bixiyaha weydiisid haddii ay biilka ku dalici karaan HRSA si loo bixiyo.

- Daryeelka ilkaha oo xaddidan
- Mirayaadaha indhaha iyo adeegyada tijaabiska
- Qalabka Maqalka
- Adeegyada ku xadgudubka mukhaadaraadka iyo qamriga oo ay ku jirto iska nadiifin
- Adeegyada gaadiidka ku gaynayo ballanta takhtarka oo aan ahayn gadiidka degdeggaa
- Ilmo iska soo tuuris
- Daryeelka Guriga Gudihii

Haddii aad u baahan tahay turjubaan marka aad u tagaysid booqosho caafimaad, u hubso in adeeg-bixiyuhu la xidhiidho HRSA si ay u sii aqbalaan inta aan wakhtiga ballanta la gaadhin oo aan adiga biilka ama kharashka lagugu soo dalcin. Waxa aad khadka gargaarka ee DSHS ka wici kartaa 1-800-562-3022 haddii aad su'aalo qabtid.

Waa maxay faa'iidooyinka AANAY daboolin HRSA ama Community Health Plan?

Faa'iidooyinka iyo adeegyada hoos ku qoran MA ay daboosho Community Health Plan ama HRSA. Haddii aad heshaa adeegyadani, waa inaad jeebkaa ka bixisaa. Wac kooxda adeegga macaamiisha ee Community Health Plan ama khadka gargaarka ee DSHS si aad u heshid war dheeraad ah.

- Dawaynta Biofeedback
- Adeegyada Maxkamadda Fasaxday
- Baaritaanka iyo dawaynta dhalmo la'aanta iyo shaqaynta xubnaha qaaska ah
- Tijaabidda Baaritaanka Dawaynta ama Adeegyada
- Tallaalka Safarrada
- Baaritaanka Caafimaadka loo sameeyo helitaanka gargaarka sooshal sakuruti
- Adeegyada Caafimaadka inta aad xabbiska ku jirto
- Orthoptic (tababarka indhaha) daryeelka xaaladda indhaha
- Waxyaabaha Qaaska ah
- Baaritaanka Caafimaadka shawada, caymiska ama laysanka
- Qalliinka Balaastikada oo qurux awadeed loo sameeyo
- Qalliinka ilma joojinta

Haddii aad qabtid su'aal ku saabsan gargaar ama adeeg aan halkan ku qornayn, khadka gargaarka ee DSHS ka wac 1-800-562-3022.

Fiilo: daryeelka lagugu siiyo dibadda gobolka lama daboolo.

FARIIN MUHIIM AH OO KU SAABSAN DAWOOYINKA DHAKHTARKU QORO: Waxa laga yaabaa in dawooyinka aad qaadatid qaar ka mid ah aanuu daboolin Community Health Plan. Fadlan dhakhtarkaaga kala xidhiidh dawooyinka kale ee laga yaabo inay kuu shaqeeyaan. Haddii dhakhtarkaagu go'an ku gaadho in aanuu beddelin dawadaada, waxa laga yaabaa in dawadaada la daboolo. Dhakhtarkaaga aaya nagala soo xidhiidhi doona haddii loo baahdo. Haddii aad qabtid wax su'aalo ah oo ku saabsan daboolka xagga farmasiga, fadlan wac 1-800-440-1561.

Kaarka Medicaidka ee DSHS

Qof kasta oo qaata gargaarka caafimaadka waxa uu heli doonaa kaadh aqoonsi caafimaad oo ah cagaar iyo cadaan oo cusub (DSHS Medical ID card) (ama kuuboon). Kaar cusub ayaa bil waliba la soo diraa. Kaarka caafimaadka waxaa uu takhtarkaaga iyo cusbitalka u sheegayaa gargaarka caafimaadka ee aad hesho. Fadlan eeg bil waliba haddii macluumaadka ay sax yihiin. Tusaale ahaan, magacaada iyo cinwaanka in ay sax yihiin. Wuxaad u baahanaysaa in aad karka caafimaadka tusiso mar alle marka aad daryeel caafimaad helayso ama daawo aad qaadanayso.

Waa kani waxa aan ugu yeedhno lambarka Aqoonsiga Bukanaha (Patient Identification Code or PIC). Waa sida aan ku aqoonsanno dadka Medicaidka. Waxaa uu ka samaysan yahay xuruufa u horreeya magacaaga hore iyo kan dhixe, taariikhda dhalashadaada iyo 5 xaraf u horreeya magacaaga dambe iyo (TB).

Kaarkaaga waxaa uu fiican yahay taariikhdaa iyada ah. Haddii aadan helin kaarkaaga asbuuca u horreeya bisha, inaga soo wac 1-800-562-3022 sida ugu dhaqsiyo badan.

Patient Identification Code (PIC)				Medical Coverage Information						
Initials	Birthrate	Last Name	TB	Insurance	HMO	Detox	Restriction	Hospice	DD Client	Other
JQ RC	010171 121299	PUBLI PUBLI	A A		CHPG					

Please read the back of this card.
P.O. BOX 45531
OLYMPIA, WA 98504-5531
Primary Language

MEDICAL IDENTIFICATION CARD
This Card Valid From: 08-01-03 To: 08-31-03

John Q. Public
123 Main St
Anytown, WA 98999

GAU
076 007308084
1-800-440-1561 CHP
L0000999 * 112234B

SHOW TO MEDICAL PROVIDER AT TIME OF EACH SERVICE
DSHS 13-030 ayes (04/95)

SIGNATURE (Not Valid Unless Signed)

Haddii aad guurto, waxaa ay noqonaysaa inaad wax ka beddesho daryeelka caafimaadka aad hesho. Wuxaad wacdaa taleefanka gargaarka 1-800-562-3022 iyaga aaya kaa caawini doono bedelidda qorshahaaga caafimaadka.

Marka "CHPG" uu ku qoran yahay taagga waxaad ku qoran tahay Daryeelka Maamulka.

Halkan waxa ku qoran xuruufa ugu horeysa magaca CHP iyo lambarka telefoonkooda.

Kaadhskaaga Caafimaadka ee Community Health Plan

Waxa kale oo aad kaadh caafimaad ka heli doontaa Community Health Plan ka dib marka lagu qoro. Community Health Plan ma soo diri doonto kaadh cusub bil kasta, sidaa daraadeed isla markiiba wac Community Health Plan haddii uu kaa lumo kaadhku. Inta badan waxa aad u baahan doontaa kaadhkaaga caafimaadka ee DSHS iyo kaadhkaaga caafimaadka ee Community Health Plan labadaba si aad u tagtid ballamaha intooda badan ama u qaadatid dawooyinka dhakhtarku qoro. Haddii aad u baahan tahay daryeel caafimaad ka hor inta aanad helin kaadhka Community Health Plan, wac Community Health Plan adiga oo ka wacaya 1-800-440-1561.

Waa Maxay Mas'uuliyadaha iyo Xuquuqyadayda?

Waxaad xaq u leedahay inaad:

- Ka caawiso go'aannada daryeelka caafimaadkaaga.
- Aadan helin daryeel iyadoo laguu sheego waxa dhici kara haddii aadan helin daryeelka.
- Maclumaad aad ka heshaa:
 - Daryeelkaaga
 - Takhtarkaaga iyo sida loo suubiyo jiheynta
 - Dhammaan maclumaadka oo idil iyo sababta aad u heshaa daryeellada qaarkood
 - Qorshaha Caafimaadkaaga
 - Daryeellada kharashkoodu la daboolo
- Heshaa adeegyada waqtigooda
- Laguu tixgeliyaa si sharaf leh. – Takoorka waa ka mammuuc dhammaan barnaamijyada iyo hawlahaa oo idil. Cidina ma laga saari karo midabkooda, asalkooda, noocooda, da'dooda, diintooda ama waxa ay aaminsan yihiin ama naafo aawaded.
- Si xor ah uga hadli kartu daryeelka caafimaadkaaga adigoon natiijooyin iyo dareenno qalafsan qabin
- Maclumaadkaaga iyo diiwaankaaga uu sir kuu ahaadaa.
- Codsataa sawirrada diiwaanka caafimaadkaaga aadna codsataa wixii isbeddel ah markii loo baahod
- Dacwootaa ama eed sheegataa.

Waxaad mas'uul ka tahay inaad:

- Aad ka caawisaa go'aan ka gaarista daryeelkaaga caafimaadkaaga
- Siisaa takhtarkaaga maclumaadka ugu fiican ee aad awoodo eekusaabsan caafimaadkaaga si ay kaaga caawiyaan daryeelka aad u baahan tahay
- Aad raacdhaa tilmaamaha takhtarkaaga eekusaabsan daryeelkaaga caafimaadka
- Sii dhakhaatiirtaada warka ay u baahan yihiin si ay wax uga qabtaan daboolka caafimaadkaaga (sida adiga oo keenaya kaadhkaaga caafimaadka ee DSHS ama kuuboon iyo kaadhkaaga caafimaadka Community Health Plan marka aad imanaysid ballamaha).
- Wax ka barataa qorshaha caafimaadkaaga iyo adeegyada kharashkoodu la daboolo
- Iisticmaashaa adeegyada caafimaadka kolka aad u baahato
- Dhawrtaa waqtiga ballannada. Wac xafiiska haddii aad daahayso ama aad beddelayso ballanta
- Tusi takhtarkaaga isla xushmada iyo qaddarinta aad ka doonayso.

Talooyin:

- Isla markiiba wac kiliininggaaga cusub si aad u ballansatid booqasho, gaar ahaan haddii aad isticmaashid dawooyin dhakhtar qoray.
- Marka aad wacdid kiliininggaaga, u sheeg in aad ku jirtid Community Health Plan-GAU.
- Hore u soo qaado diiwaanka caafimaadkaaga ama qoraalada caafimaadkaaga ku saabsan. Wuxuu ka sii fiican in aad codsato in loo diro kiliininggaaga ka hor booqashadaada.
- Keen liiska dawooyinka aad qaadatid. U sheeg dhakhtarkaaga ama kalkaalisadda wixii ah xaalado caafimaad ee aad qabtid iyo daryeelka caafimaadka ee kale ee aad heli jirtay.
- Wac kiliiningga markasta oo aad daryeel u baahatid. Ha isticmaalin qolka gargaarka degdegga (emergency room) (ER) iyada oo dhibka ka hayaa yahay mid nafta halis galinaya mooyaane.

King County**Auburn**

Auburn Community Health Center
126 Auburn Ave Ste 300
Auburn, WA 98002-5082
(253) 735-0166

Bellevue

Eastgate Public Health Center
14350 SE Eastgate Way
Bellevue, WA 98007-6458
(206) 296-4920

Carnation

Tolt Community Clinic
4334 Tolt Ave
Carnation, WA 98014
(425) 333-6924

Federal Way

Federal Way Community Health Center
33431 13th Pl S
Federal Way, WA 98003-6357
(253) 874-7634

Kenmore

Bothell-Kenmore Community Health Center
6016 NE Bothell Way
Kenmore, WA 98028-9403
(425) 486-0658

Kent

Kent Community Health Center
403 E Meeker St Ste 200
Kent, WA 98030-5904
(253) 852-2866

North Bend

North Bend Family Clinic
406 Main Ave S
North Bend, WA 98045
(425) 888-5511

Redmond

Eastside Community Health Center
16315 NE 87th St Ste B6
Redmond, WA 98052-3537
(425) 882-1697

Renton

Renton Community Health Center
200 S 2nd St
Renton, WA 98055-2407
(425) 226-5536

Seattle

45th Street Clinic
1629 N 45th St

Seattle, WA 98103-6701
(206) 633-3350

Carolyn Downs Family Medical Center
2101 E Yesler Way Ste 150
Seattle, WA 98122-5900
(206) 299-1900

Country Doctor Community Clinic
500 19th Ave E
Seattle, WA 98112-4072
(206) 299-1600

Downtown Public Health Center
2124 4th Ave
Seattle, WA 98121-2311
(206) 296-4900

Greenwood Medical Clinic
415 N 85th St
Seattle, WA 98103-3701
(206) 782-8660

Harborview Medical Center Adult Medicine Clinic
325 9th Ave
Seattle, WA 98104-2420
(206) 731-5865

Harborview Medical Center Children & Teens Clinic
325 9th Ave
Seattle, WA 98104
(206) 731-3335

Harborview Medical Center Family Medicine Clinic
325 9th Ave
Seattle, WA 98104
(206) 731-8274

Harborview Medical Center International Medicine Clinic
325 9th Ave
Seattle, WA 98104
(206) 731-4192

Harborview Medical Center Madison Clinic
325 9th Ave
Seattle, WA 98104
(206) 731-5100

Harborview Medical Center Pioneer Square Clinic
206 3rd Ave S
Seattle, WA 98104
(206) 744-1500

Harborview Medical Center Senior Care Clinic
325 9th Ave

Seattle, WA 98104
(206) 731-4191

Harborview Medical Center Womens Clinic
325 9th Ave
Seattle, WA 98104
(206) 731-3367

High Point Medical Clinic
6020 35th Ave SW
Seattle, WA 98126-3002
(206) 461-6950

Holly Park Medical & Dental Clinic
7116 M L King Jr Way S
Seattle, WA 98118-3522
(206) 461-4948

International District Medical & Dental Clinic
720 8th Ave S Ste 100
Seattle, WA 98104-3033
(206) 461-3235

North Seattle Public Health Center
10501 Meridian Ave N
Seattle, WA 98133-9598
(206) 296-4990

Pike Market Medical Clinic
1930 Post Aly
Seattle, WA 98101-1015
(206) 728-4143

Rainier Beach Medical Clinic
8444 Rainier Ave S
Seattle, WA 98118-4600
(206) 722-8444

Rainier Park Medical Clinic
4400 37th Ave S
Seattle, WA 98118-1609
(206) 461-6957

Sea Mar Community Health Center
8720 14th Ave S
Seattle, WA 98108-4896
(206) 762-3730

Seattle Indian Health Board
611 12th Ave S, Ste 200
Seattle, WA 98144-2007
(206) 324-9360

Pierce County

Lakewood
CHC Lakewood
10510 Gravelly Lake Dr SW
Lakewood, WA 98499-5036
(253) 589-7030

CHC Tillicum
14916 Washington Ave SW
Tacoma, WA 98498-2235
(253) 589-7027

Puyallup
Sea Mar
10217 125th St Ct E
Puyallup, WA 98373
(253) 864-4550

Spanaway
CHC Spanway
134 188th St S
Spanaway, WA 98387-4618
(253) 847-2304

Sumner
Community Health Care Sumner
1110 Fryar Ave
Sumner, WA 98390-1512
(253) 863-0408;863-0406

Tacoma
Community Health Care Downtown
1102 S I St
Tacoma, WA 98405-4559
(253) 597-3813

Community Health Care Eastside
1720 E 44th St
Tacoma, WA 98404-4611
(253) 471-4553

Community Health Care Homeless Clinic
425 S Tacoma Way
Tacoma, WA 98402-1207
(253) 627-5445

Community Health Care Parkland
11225 Pacific Ave S
Tacoma, WA 98444-5599
(253) 536-2020

Sea Mar CHC
1112 S Cushman Ave
Tacoma, WA 98405-3631
(253) 593-2144

Soundview Family Medical Clinic
3611 S D St
Tacoma, WA 98418-6813
(253) 404-0737

If this is not in a language you can read, please call 1-800-562-3022 for help. (TTY/TDD only 1-800-848-5429).

ENGLISH

ይህ ኢትዮጵያ በማንኛውም ቀንቃ ክልተኩራዊ እርዳታ ለማግኘት፤ ወደ 1-800-562-3022፣ የደዱሉ (በ TTY/TDD ቀና ወደ 1-800-848-5429)።

AMHARIC

ເບີ້ນດີຮ່າມືດໍ່ເມນຜ້າກໍາສາໄຟລ໌ມູນກໍາເປົາເມານຕານ ສູມຊູຣີສິຕູ 1-800-562-3022 ສໍ່ຮ່າບໍ່ຜິ່ນຍີ້ । (TTY/TDD ສໍ່ຮ່າບໍ່ເຄີຍດຸນສູງຄູ ຂີ້ພະນຸ້ມາຣີໂຕເຢິກຜູ້ບັ້າເណັ້ນ 1-800-848-5429) ।

CAMBODIAN

如果您看不懂這種語言，請電1-800-562-3022請求幫助。 (TTY/TDD聾啞人士專線 : 1-800-848-5429)

CHINESE

اگر این زبانی نیست که بتوانید بخوانید، لطفاً برای کمک با شماره 1-800-562-3022 تماس بگیرید. (فقط برای TTY/TDD با شماره 1-800-848-5429 تماس بگیرید.)

FARSI

Yog koj nyem tsis tau yam lus no, thov hu xovtooj rau 1-800-562-3022 uas yuav muaj kev pab. (TTY/TDD hu rau 1-800-848-5429).

HMONG

No daytoy saan a pagsasao nga inka mabasa, pangaasim ta awagam ti numero 1-800-562-3022 tapno matulungan ka. (TTY/TDD laeng 1-800-848-5429).

ILOCANO

이 내용의 글이 귀하가 읽지 못하는 언어로 써여져 있으면 1-800-562-3022로 전화하여 도움을 요청하십시오. (TTY/TDD 청각장애작용 1-800-848-5429).

KOREAN

ທ້າທ່ຽນພາສາທີ່ທ່ານອ່ານໄດ້, ກະຊວງໄທຫາ 1-800-562-3022 ເພື່ອຂໍຄວາມຊຸ່ວຍເຫຼືອ. (ສຳຫຼັບ TTY/TDD (ຜູ້ບໍ່ໄດ້ຍິນແລະປາກບໍ່ໄດ້) ເທົ່ານັ້ນ 1-800-848-5429).

LAOTIAN

Yoo afaan waraqaan kun ittiin barreffame dubbisu hindandeesu ta'e lakkoofsa bilbila 1-800-562-3022 bilbli gargaarsa gaafadhu. ([TTY/TDD] qofaaf 1-800-848-5429).

OROMO

ਅਗਰ ਇਹ ਅਜੇਹੀ ਭਾਸ਼ਾ ਹੈ ਜਿਸ ਨੂੰ ਤੁਸੀਂ ਪੜ੍ਹ ਨਹੀਂ ਸਕਦੇ ਤਾਂ ਮਦਦ ਲਈ ਕਿਰਪਾ ਕਰਕੇ 1-800-562-3022 ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ। (ਕੇਵਲ TTY/TDD ਲਈ 1-800-848-5429)।

PUNJABI

Dacă nu este limba pe care o puteți citi, vă rugăm să telefonați la 1-800-562-3022 pentru asistență. (Numai pentru persoanele cu deficiențe de auz 1-800-848-5429).

ROMANIAN

Если данный документ напечатан на языке, на котором вы не можете читать, пожалуйста, обратитесь за помощью, позвонив по телефону 1-800-562-3022. (Линия для пользователей TTY/TDD: 1-800-848-5429).

RUSSIAN

Afai o lenei fa'amatalaga e le o iai ile gagana e mafai ona e faitauina, fa'amolemole telefoni ile 1-800-562-3022 mo se fesoasoani. (Mo i latou e fa'aaogaina le TTY/TDD telefoni ile 1-800-848-5429).

SAMOAN

Ako ovo nije pisano na jeziku koji Vi čitate, molimo da nazovete 1-800-562-3022 za pomoć. (Tele-pisač/telekomunikacijski uređaj za gluhe, TTY/TDD, jedino na broj 1-800-848-5429).

SERBO-CROATIAN

Haddii aysan tani ahayn luqadda aad akhrin kartid, fadlan wac 1-800-562-3022 si laguu caawyo. (TTY/TDD keliya 1-800-848-5429).

SOMALI

Si esto no está en un idioma que puede leer, por favor llame al 1-800-562-3022 para recibir ayuda. (Solo usuarios TTY/TDD 1-800-848-5429).

SPANISH

Kung hindi ito nasa isang wika na inyong mababasa, mangyaring tumawag sa 1-800-562-3022 para matulungan. (TTY/TDD lamang 1-800-848-5429).

TAGALOG

እኩዎች ከተማው በዘመንጻል ቅጽ ተክናኑ እንተለጣ ነገዎች የሚከተሉ ፕሮ 1-800-562-3022 ድውል (የTTY/TDD ጥራት 1-800-848-5429)።

TIGRIGNA

Якщо ви не можете прочитати цю інформацію, будь ласка, зверніться по допомогу за телефоном 1-800-562-3022 (тільки для користувачів пристройв TTY/TDD: 1-800-848-5429).

UKRAINIAN

Nếu đây không phải là ngôn ngữ của quý vị, xin hãy gọi số 1-800-562-3022 để được giúp đỡ. (Số 1-800-848-5429 dành cho người dùng TTY/TDD).

VIETNAMESE

